

## HYPERTENSION KNOWLEDGE QUESTIONNAIRE

**This next series of questions are designed to test your knowledge of high blood pressure. You may find many of them to be hard. This is OK, just do the best you can. We will give you the answers to these at a later date.**

**First, I am going to read six statements. Please tell me if you think the statement is true or false.**

|     |  |             |              |
|-----|--|-------------|--------------|
| D1. | A person is considered to have hypertension if <b>either</b> their systolic blood pressure is 140 or higher <b>or</b> their diastolic is 90 or higher on two separate occasions. | <b>True</b> | <b>False</b> |
| D2. | Most people can tell when their blood pressure is high because they feel bad.  | <b>True</b> | <b>False</b> |
| D3. | People with hypertension do not need to take medicine if they exercise regularly.  | <b>True</b> | <b>False</b> |
| D4. | Most people with hypertension need more than one kind of blood pressure medicine to control their blood pressure.  | <b>True</b> | <b>False</b> |
| D5. | Most of the salt Americans eat is added with a salt shaker.  | <b>True</b> | <b>False</b> |
| D6. | There are about as many calories in 12 ounces of regular orange juice as there are in 12 ounces of regular cola.   | <b>True</b> | <b>False</b> |

**Now I am going to read a series of multiple choice questions. Please choose only one answer for each question.**

- D7. A man reports that his blood pressure (BP) is 148/78 when he checks it using the BP machine in the pharmacy, 144/66 in his family doctor's office, and 132/74 when he checks it at home. Which of the following statements is TRUE?
- 1 It is common for blood pressure readings to vary like this.
  - 2 The highest blood pressure reading is the correct one.
  - 3 The lowest blood pressure reading is the correct one.
  - 4 He can be reassured that his blood pressure is normal.
- D8. Which one of the following increases your risk of having hypertension?
- 1 Weight lifting.
  - 2 Drinking more than 2 cups of coffee a day.
  - 3 Smoking a pack of cigarettes daily.
  - 4 Gaining 15 pounds.
- D9. What is the goal blood pressure for a 70-year old man with no other health problems who is taking medicine for hypertension?
- 1 Less than 120/80 mmHg.
  - 2 Less than 130/86 mmHg.
  - 3 Less than 160/90 mmHg.
  - 4 Less than 140/90 mmHg.
- D10. Blood pressure is measured with two numbers, an upper number and a lower number. It is usually written as upper/lower. If someone is told that their goal blood pressure is 126/76, when have they reached that goal?

- 1 When the upper is below 126 **and** the lower is below 76.
- 2 When the upper is below 126, even if the lower is over 76.
- 3 When the lower is below 76, even if the upper is over 126.
- 4 When the average of the upper and the lower is less than 100.

- D11. An overweight 60-year old man has hypertension. He drinks one bottle of beer and 4 cups of regular coffee a day. He adds regular table salt to his food at most meals. Which one of the following changes is the **most likely** to lower his blood pressure?
- 1 Lose 10 pounds.
  - 2 Stop drinking alcohol.
  - 3 Switch to decaffeinated coffee.
  - 4 Switch to sea salt.
- D12. Uncontrolled hypertension can lead to which of the following:
- 1 Lung cancer.
  - 2 Kidney failure.
  - 3 High cholesterol.
  - 4 Diabetes.
- D13. A healthy 60-year old man has a blood pressure of 130/84. Which of the following statements about his risk of developing hypertension by the time he is 80 is TRUE?
- 1 If a person has not developed hypertension by the age of 60, he won't have it when he's 80.
  - 2 It would be very unusual for a person to first develop hypertension at the age of 80.
  - 3 It would be very common for a person to first develop hypertension at the age of 80.
  - 4 Everyone who lives to be 80 will eventually have hypertension.
- D14. Which of the following statements about taking blood pressure medicine is TRUE?
- 1 Blood pressure medicine should always be taken with food.
  - 2 More than one type of blood pressure medicine can be taken at the same time.
  - 3 Blood pressure medicine works best if it is taken at bedtime.
  - 4 Blood pressure medicine should not be taken if a person drank alcohol that day.
- D15. When measuring your blood pressure at home, you should:
- 1 Always take your reading before you take your blood pressure medicine.
  - 2 Take several readings, a minute or two apart, and record the lowest one.
  - 3 Take your blood pressure right after exercising and at least two hours after a meal.
  - 4 Take two readings, a minute or two apart, and write down the average value.
- D16. Which one of the following changes to your diet is most likely to lower blood pressure?
- 1 Eat more fruits, vegetables, whole grains and low fat dairy products.
  - 2 Eliminate spicy foods.
  - 3 Drink one glass of red wine daily.
  - 4 Drink herbal tea instead of coffee.
- D17. Which one of the following statements about exercise and blood pressure is TRUE?
- 1 People who are on their feet most of the day will not benefit from more exercise.
  - 2 Exercising for 30 minutes every day lowers blood pressure more than exercising for 30 minutes, 3 days a week.
  - 3 Weight lifting should be avoided by people with high blood pressure.
  - 4 When exercising, you must raise your heart rate to at least 100 beats a minute to improve blood pressure.